



## Return to Swimming (COVID-19 Information) – Winter 2 2021 Season (1/25/21-3/14/21)

### Introduction:

We are excited to be able to return to the water and continue training through the winter. It is important that all athletes and families understand that as we continue to resume training, new health screening, safety precautions, practice protocols, and training schedules remain in place. At this time, we are planning to hold our Winter 2 season under the current restrictions in place limiting athletes to a maximum of four per lane, utilizing the indoor pools available. The coaching staff will be assigning practice groups and designing practice so that physical distancing can be maintained. All groups will be swimming with a maximum of 4 athletes per lane as approved by the Montgomery County Department of Health and Human Services. Please note that if directives from the Health Department change, the practice schedule and/or group composition may also change as well.

Due to the limited nature of the Winter 2 program, registration is ONLY available to athletes who participated in the Winter 1 2021 RMSC program at the Rockville Swim and Fitness Center, with athletes from the Fall 2020 at session at RSFC being able to register only on a space available basis. Coaches' Invitational Groups (National Training, Advanced Senior, Junior Select and Junior 1) require coaches' approval to register and are dependent on space availability.

The Winter 2 Practice Schedule utilizes indoor pools at the facility. This schedule may change in the Winter period, depending on Health Department directives in place at that time (hence the 7-week session timing). Certain practice groups may have practice time and group composition changes to fit pool availability. Coaches will share more details as they become available.

### Registration Procedures:

All RMSC families are required to acknowledge our return to training information and complete the registration process before their athlete(s) are allowed back to the pool for training in the Winter 2 session. **Athletes should bring the completed registration form and payment (via check – see page 10) to practice and hand-deliver to their coach. Registration Forms and Payments are due no later than 1/22.** Group coaches will be emailing their past athletes / families before the first practice with specific practice sub-group assignments and entry/exit procedures. If athletes do not know what practice or practice sub-group they are assigned, they should start by contacting their coach via email, and if needed contact Head Swim Coach Dave Greene at 240-314-8755 or [dgreene@rockvillemd.gov](mailto:dgreene@rockvillemd.gov).

### Minor Athlete Abuse Prevention Policy (MAAPP)

The Rockville-Montgomery Swim Club, as a USA Swimming member club, is required to implement the MAAPP in full. **Families must review the policy and comply with applicable sections.** The MAAPP must be reviewed and signed with acknowledgement submitted to RMSC on an annual basis. For more information and to review the required policy visit [www.rmsscswimming.com/safesport](http://www.rmsscswimming.com/safesport) or <https://www.usaswimming.org/Home/safe-sport>. Policy acknowledgement "sign-off" is completed through the registration process.



## Return to Swimming (COVID-19 Information) – Winter 2 2021 Season (1/25/21-3/14/21) *HEALTH PRECAUTIONS*

### **Athlete Self Screening**

Before coming to the facility for practice, athletes and parents are responsible for going through the following self-check questions. All must be answered “no” in order to come to practice. Even if the athlete is feeling slightly ill, they should not come to practice.

**Since your last day of practice, have you developed:**

- New fever (100° Fahrenheit or greater) or feeling of having a fever? **\*Temperatures should be measured by the parent / guardian at home BEFORE coming to the facility\***
- New cough that you cannot attribute to another health condition?
- New shortness of breath that you cannot attribute to another health condition?
- New sore throat?
- New Flu-like symptoms?

### **Athlete Illness**

An athlete who has symptoms associated with COVID-19 should not come to practice until:

- 3 days with no fever **and**
- Symptoms improved **and**
- 10 days since symptoms first appeared\*

\*Per CDC recommendations available at: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

### **Exposure to individuals with COVID-19**

If an athlete has been exposed to an individual confirmed or presumed with COVID-19, they should not come to practice until 14 days\* after the last exposure. If an athlete or household member is directed by a healthcare provider or public health official to get a COVID test, or otherwise decides to get a COVID test due to the presence of symptoms or contact with a person tested or presumed positive, do not attend practice until the results are determined to be negative and the athlete is cleared to participate in swim team activities by a healthcare professional. \*Per CDC recommendations available at: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

## *SWIMMING SAFELY*

**Generally, RMSC will endeavor to follow CDC guidelines for staying safe and healthy inside and outside the pool.**

### **Personal Athlete Conduct:**

To minimize the risk of transmission and help promote safety, the following personal athlete conduct is expected. Failure to adhere to these principles will result in the athlete being asked to leave training for the day. If violations continue, further action will be taken up to and including suspension / removal from the program.

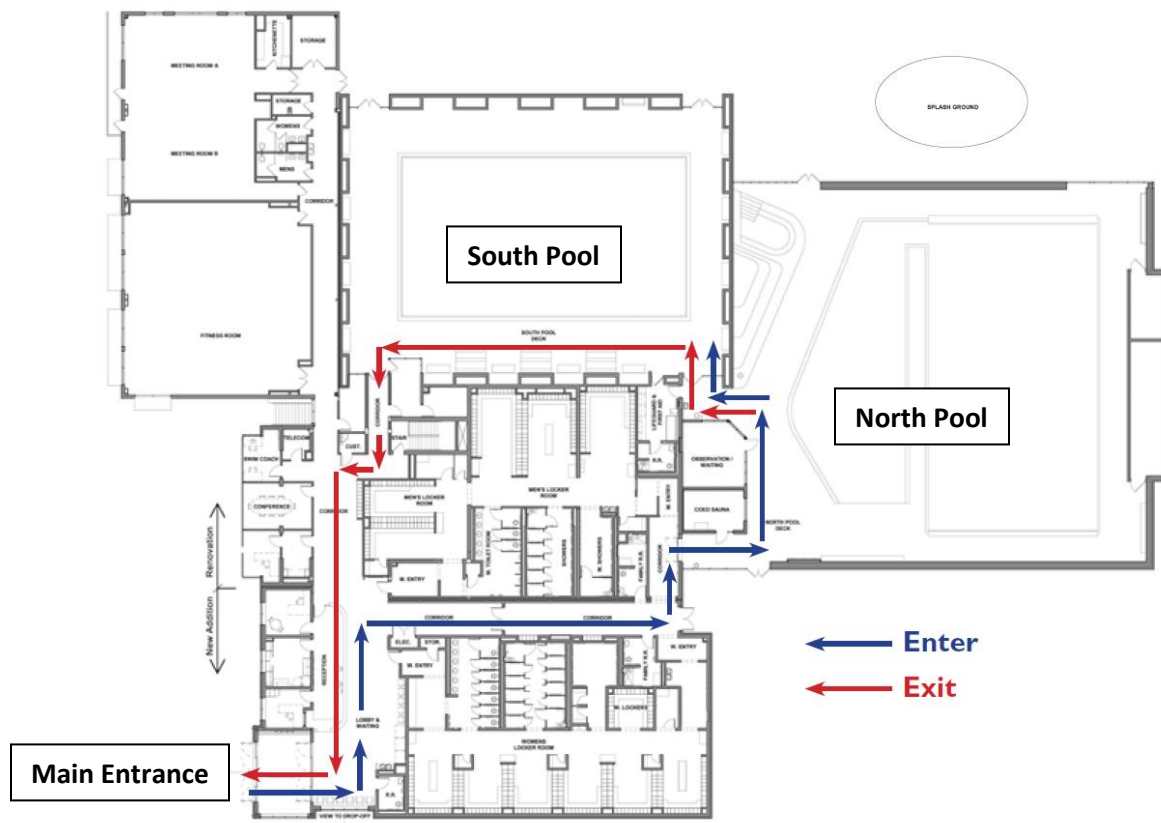
- No person-to-person contact
- Always stay 6 feet apart from others
- No splashing or spitting water at other athletes and/or coaches
- No horseplay
- Sneeze or cough into a tissue or upper sleeve/arm area
- Wear a face covering whenever outside of the water

## Return to Swimming (COVID-19 Information) – Winter 2021 Season (1/25/21-3/14/21)

### Before Practice and Arriving at the Pool

- Go through the Athlete Self-Screening Process above – before EVERY PRACTICE.
- Athletes should go to the bathroom before leaving home to minimize locker room use at the facility.
- Wash hands with soap and water for at least 20 seconds.
- Take a cleansing shower at home before leaving for practice.
- **Arrive wearing your swimsuit and leave the facility in swimming suits. There will be NO deck changing.**
- Bring a full water bottle to avoid touching tap or water fountain.
- Do not arrive to practice early; stay in your car until five (5) minutes before your designated practice time to avoid unnecessary congregation at entry points.
- Athletes are expected to wear face coverings when entering and exiting the facility (whenever not in the water).
- Follow instructions below on the printed map as to entry and exit points and directions.
- When arriving, stay 6 feet apart from others and arrive no more than 5 minutes before practice is to begin.
- In your swim bag, please have hand sanitizer and sanitizing wipes.
- **RMSC athletes will enter through the main entrance (no earlier than 5 minutes before their practice begins) and use the dry corridor from the lobby to access the pool decks (not the locker rooms). Athletes practicing in the South Pool should enter through the door connecting the South Pool to the North Pool deck. Athletes should wait in their designated staging areas on the pool decks (see next page) until being instructed to enter the water.**
- Once all athletes have checked in and are ready at their designated spot, coaches will begin allowing athletes to enter their designated lane at the specified location in a manner that maintains social distancing.

### Entrance / Exit Plan





## Return to Swimming (COVID-19 Information) – Winter 2 2021 Season (1/25/21-3/14/21)

### North Pool Staging Area



North Pool staging locations will be as follows (see picture above):

- **Group A Location** will be at marked area in the bleachers closest to the observation room
- **Group B Location** will be at marked area in the bleachers closest to the whirlpool
- **Group C Location** will be at marked bench and table at the end of the pool closest to the guard chair
- **Group D Location** will be at marked bench and table at the end of the pool closest to the lane rope reel

### South Pool Staging Area



South Pool staging locations will be as follows (see picture above):

- **Group A Location** will be at marked benches at the shallow end of the pool on side with the lifeguard chair
- **Group B Location** will be at marked benches on shallow end of the pool
- **Group C Location** will be at marked benches on deep end of the pool
- **Group D Location** will be at marked benches at the deep end of the pool on side with the lifeguard chair

*\*These locations may be adjusted depending on the size of the groups.*

## Return to Swimming (COVID-19 Information) – Winter 2 2021 Season (1/25/21-3/14/21) During Practice

- Athletes' families should stay outside of the facility / in their car to minimize the number of people at the facility. Athletes, staff, and designated volunteers are the only ones permitted in the facility for RMSC practices and athletes should be able to navigate to and from the pool without assistance in order to participate in the Winter 2 return to swim program. Practice spectators are not permitted at this time - coaching and facility staff only. Staff scheduling will comply with MAAPP guidelines.
- Attend the practice sessions as instructed by your coach. Groups will be made with specific size limitations and ability considerations. If you have a schedule conflict, communicate with your coach ahead of time.
- Athletes should leave equipment bags at home until told to bring them to practice by your coach.
- We will follow USA Swimming recommendations for lane spacing to maintain social distancing; as a result, athlete count in the lane will be reduced compared to a traditional season.
- Maximizing swim time and staying off the wall will decrease opportunities for transmission.
- During this re-opening phase, dry land training will remain limited, as it has been the last few months.
- If athletes begin to feel ill or need to cough / sneeze, every attempt should be made to exit the water and do so in an area away from others.
- Refrain from spitting in or around the pool.
- When swimming with multiple athletes per lane, follow the diagram below. Maintain at least 6 feet of space between others and follow coaches' instructions.

Exhibit A: Four Athletes per Lane, resting

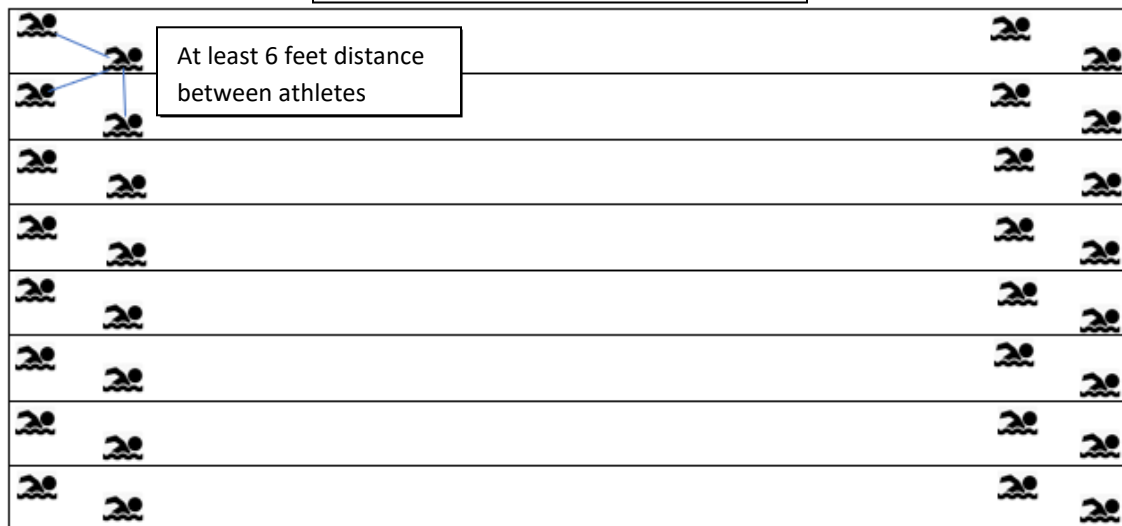
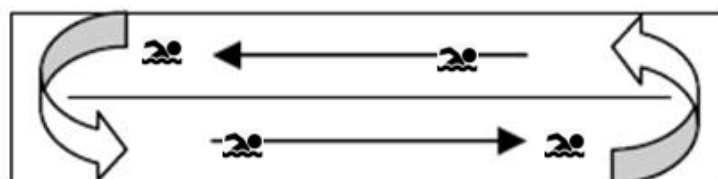


Exhibit B: Four Athletes per Lane, circle swimming





## Return to Swimming (COVID-19 Information) – Winter 2 2021 Season (1/25/21-3/14/21)

### **At the End of Practice and Leaving the Facility**

- RMSC practices will begin their exit procedures approximately 5 minutes before the published practice end time to allow for an orderly and socially distanced departure from the pool deck.
- When practices finish, coaches will direct the athletes to exit the water, put on their face coverings and follow the exiting procedure.
- Athletes should exit through the doorway leading to the lobby from the South Pool and immediately leave the facility. Athletes practicing in the North Pool should proceed to the South Pool and exit through the South Pool's door to the lobby. Athletes should stay single file, at least 6 feet apart from others while exiting the building.
- Leave promptly when practices finish; changing or showering at the pool is NOT recommended as locker room use will be minimized. Bring outerwear and slip-on shoes that will facilitate a quick departure.
- Avoid gathering in the lobby and/or front of the entry and exit points. **Parents waiting for their athletes are directed to please park in a parking spot, rather than waiting in the drop-off loop.** This will allow for athletes to disperse when exiting the facility. Parents may walk to the main entrance doors (remaining outside and keeping a 6-foot distance from others) to pick up their children if desired.
- If waiting for a pickup is needed, individuals must wait 6 feet apart from others and wear face coverings. Unfortunately, socializing and /or gathering at the facility is not permitted before or after practice at this time.
- Parent volunteers may be needed to monitor the entry / exit areas. Athletes should pay attention to any reminders from coaches, facility staff and volunteers.



Return to Swimming (COVID-19 Information) – Winter 2 2021 Season (1/25/21-3/14/21)

**RMSC - ROCKVILLE SITE 2021 WINTER 2 PRACTICE SCHEDULE**

**(JANUARY 25 – MARCH 14)**

**Important Note: Athletes will be assigned a practice “sub-group” by their coach while restrictions on lap lane use capacity are in place to ensure we are in compliance with health department directives. Only attend your specified practice time (no make-up practices are available).**

**When registering, athletes should be sure they are able to attend all practice group options before signing up to ensure that when they are assigned a group, they are able to attend.**

**6-8 YEAR OLD CLINIC (PAST INSTRUCTIONAL STROKE SCHOOL ATHLETES):**

This group will consist of 8 and under athletes in the RMSC program. Emphasis will be on competitive stroke mechanics, turns, starts, and swim meet orientation.

MONDAY:

GROUP 1	7:00 – 8:00 p.m.	South Pool
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WEDNESDAY:

GROUP 1	1:00 – 2:00 p.m.	South Pool
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GROUP 2	7:00 – 8:00 p.m.	South Pool
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SUNDAY:

GROUP 1	8:00 - 9:00 a.m.	South Pool
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GROUP 2	9:00 - 10:00 a.m.	South Pool
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**9-12 YEAR OLD CLINIC (PAST JUNIOR II ATHLETES):**

This group will primarily consist of athletes 9 to 12 years of age who are interested in competitive swimming. The emphasis for this group is on perfecting swim technique as well as an introduction to competitive swimming.

TUES. & THURS.:

GROUP 1:	6:30-7:30 p.m.	South Pool
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SATURDAY:

GROUP 2:	10:30 - 11:30 a.m.	South Pool
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GROUP 3:	11:30 – 12:30 p.m.	South Pool
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SUNDAY:

GROUP 1	10:00 – 11:00 a.m.	South Pool
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GROUP 2	11:00 – 12:00 p.m.	South Pool
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GROUP 3	12:00 – 1:00 p.m.	South Pool
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## Return to Swimming (COVID-19 Information) – Winter 2 2021 Season (1/25/21-3/14/21)

### **JUNIOR I:**

This group will consist of athletes 9 to 12 years of age and is **by invitation only**. This group will be chosen based on meet performance, practice performance, training habits, etc. Emphasis will be on stroke mechanics, conditioning, and preparation for upper level swimming.

#### MON & WED:

GROUP 1:	6:00 - 7:00 p.m.	South Pool
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#### TUES. & THURS.:

GROUP 2:	5:30 – 6:30 p.m.	South Pool
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#### SATURDAY:

GROUP 1:	9:30 – 10:30 a.m.	South Pool
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#### SUNDAY:

GROUP 1:	6:00 – 7:00 a.m.	North Pool
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GROUP 2:	7:00 – 8:00 a.m.	North Pool
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### **SELECT JUNIOR:**

This group is for dedicated athletes ages 9 to 14 with the goal of becoming nationally qualified and is **by invitation only**. The emphasis will be on refining stroke mechanics and preparing for the rigors of more intense training.

#### MON. & FRI:

GROUP 1	5:30 - 7:00 a.m.	South Pool
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#### WEDNESDAY:

GROUP 1	5:00 – 7:00 a.m.	South Pool
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#### TUES. & THURS.:

GROUP 1	3:30 – 5:30 p.m.	North Pool
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GROUP 2	5:30 – 7:00 a.m.	South Pool
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#### WEDNESDAY:

GROUP 2	9:30 – 11:00 a.m.	North Pool
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#### FRIDAY:

GROUP 2	6:00 – 7:30 p.m.	South Pool
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#### SUNDAY:

GROUP 2	5:00 – 6:30 a.m.	South Pool
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GROUP 1	6:30 – 8:00 a.m.	South Pool
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### **SENIOR AND SENIOR DEVELOPMENTAL:**

This group is for athletes ages 13 to 18 who desire to swim in a senior level group. Athletes focus on the development of proper stroke mechanics and are introduced to all aspects of competitive swimming. This group provides a strong base in stroke mechanics, with aerobic and anaerobic conditioning and strength training appropriate to the individual athlete's goals and capabilities.

#### MON., WED., FRI.:

GROUP 1	8:00 - 9:00 p.m.	South Pool
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GROUP 2	9:00 - 10:00 p.m.	South & North Pools
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## Return to Swimming (COVID-19 Information) – Winter 2 2021 Season (1/25/21-3/14/21)

### **ADVANCED SENIOR GROUP:**

This group will be for athletes ages 13 to 18 (**by invitation only**) who have the desire and ability to advance in their swimming. This group may provide the athletes a transition from elite level junior swimming to our National Training Group. Coaches will provide a strong emphasis on proper stroke mechanics and conditioning in preparing athletes to advance to and succeed in the senior levels of Potomac Valley Swimming.

MON., WED., FRI.:

GROUP 1	3:30 - 4:45 p.m.	North Pool
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GROUP 2	4:45 – 6:00 p.m.	North Pool
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TUESDAY

GROUP 1	4:30 - 6:00 a.m.	North Pool
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THURSDAY:

GROUP 2	4:30 – 6:00 a.m.	North Pool
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SATURDAY:

GROUP 1	4:30 - 6:00 a.m.	South Pool
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GROUP 2	6:00 – 7:30 a.m.	South Pool
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### **NATIONAL TRAINING GROUP:**

RMSC's top senior athletes, ages 13 and over will train in this group (**by invitation only**). Athletes will train towards reaching the upper levels of senior swimming in Potomac Valley and United States Swimming. Strict performance standards are a prerequisite for the group, which will concentrate on developing good workout habits and stroke mechanics while training at a higher level.

MON., WED., FRI.:	4:30 - 6:00 a.m.	North Pool
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MON., WED., FRI.:	4:00 – 6:00 p.m.	South Pool
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TUES. & THURS.:	3:30 – 5:30 p.m.	South Pool
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SATURDAY:	7:30 – 9:30 a.m.	South Pool
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**Scholarship Assistance** for the cost of swim team participation is available through the "Debbie Mermelstein Memorial Fund." This fund has been established to promote junior-level swimming at RMSC and is administered by the RMSC Parents Club. The RMSC Parents' Club has also established the Jamie Martens Senior Scholarship Fund to provide similar opportunities for athletes ages 13 and over. These scholarships are offered to those in need and benefit children who could not otherwise afford to participate in the program. Individuals interested in taking advantage of these funds should contact Head Swim Coach Dave Greene at [dgreene@rockvillemd.gov](mailto:dgreene@rockvillemd.gov) / 240-314-8755. Scholarship approvals must be in place prior to registration. If scholarship approval is granted, please note such information on the registration form.



## Return to Swimming (COVID-19 Information) – Winter 2 2021 Season (1/25/21-3/14/21)

### Winter 2 Swim Team Program and Registration Fees

The Winter 2 2021 program runs from **January 25 to March 14 (7 weeks)**. As indicated below, program fees are based on the athlete's membership status at the Swim and Fitness Center.

Group	Winter 2 Non-Members Program Fee:	OR	Winter 2 Members Program Fee:	Registration Fee
<b>Registration requires check payment. Payments should be made via check and delivered to the Coach no later than 1/22.</b>	<b>Program Fee Payable to: City of Rockville</b>			<b>Registration Fees Payable to: RMSC Parents' Club Inc**.</b>
6-8-year-old & 9-12-year-old clinics (Group 1)	\$245	OR	\$196	\$0
6-8-year-old & 9-12-year-old clinics (Groups 2 & 3)	\$165	OR	\$132	\$0
Junior I (Group 1)	\$355	OR	\$284	\$0
Junior I (Group 2)	\$270	OR	\$216	\$0
Junior Select	\$400	OR	\$320	\$0
Senior / Senior Developmental	\$270	OR	\$216	\$0
Advanced Senior	\$400	OR	\$320	\$0
National Training Group	\$475	OR	\$380	\$0

*In order to take advantage of the special pricing for Rockville Swim and Fitness Center Members, the RMSC athlete must be registered for an active aquatics or full facility membership spanning the entire session of the swim season which is being registered for.*

### Registration Instructions:

#### **Registration Procedures:**

All RMSC families are required to acknowledge our return to training information and complete the registration process before their athlete(s) are allowed back to the pool for training. **Athletes should bring the completed registration form and payment to practice and hand-deliver to their coach. Registration Forms and Payments are due no later than 1/22. Group coaches will be emailing their past athletes / families before the first practice with "sub-group" time assignments.** If athletes do not know what practice or practice sub-group they are assigned, they should start by contacting their coach via email, and if needed contact Head Swim Coach Dave Greene at 240-314-8755 or [dgreene@rockvillemd.gov](mailto:dgreene@rockvillemd.gov).

**Athletes who did not participate in Winter 1 2021, but did participate in RMSC at the Rockville site in Summer or Fall 2020** may contact Head Swim Coach Dave Greene at [dgreene@rockvillemd.gov](mailto:dgreene@rockvillemd.gov) to see if a spot is available in their practice group. If approved to join, deliver the registration form and payment (two check as indicated above) to the coach at the first practice.

**A Note on Fees:** The Program Fee payable to the City of Rockville include facility costs, staff time and general operating expenses. The Registration Fee payable to the RMSC Parents' Club helps cover costs associated with U.S. Swimming registration fees, coach's in-service training, certain invitational groups' dry-land training, team equipment and other miscellaneous costs. For the Winter 1 session, only limited swim meet fees are included in this cost. Additional fees may be the responsibility of the athlete's family for certain meets. Registration Fees (Payable to RMSC Parents Club) are non-refundable.

**\*\*For returning swimmers, there is NO Parents' Club fee for the Winter 2 2021 session.**

#### **Account Credit from Fall 2019 – Winter 2020 Season**

Some families received an account credit on their City of Rockville Recreation and Parks account for the portion of the RMSC program cancelled at the end of the Fall 2019 - Winter 2020 Season. To check the amount of your account credit, call the RSFC front desk at 240-314-8750 (press zero upon answer). This credit may be deducted from the amount due to the City of Rockville. For example, (using the 6-8 year old clinic, group 2&3) if the Winter 2 Non-Member Program fee is \$165 and you have a \$42.25 account credit, make the check payable to the City of Rockville in the amount of \$122.75 (\$42.25 account credit + \$122.75 check payment = \$165 Winter 2 Non-Member Program fee).

Office Use Only:  
 Date Processed in Rec 1: \_\_\_\_\_  
 Initials: \_\_\_\_\_  
 Date Entered in Database: \_\_\_\_\_  
 Initials: \_\_\_\_\_



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## RMSC, ROCKVILLE SWIM TEAM REGISTRATION FORM

Please make checks for Registration Fees payable to “RMSC Parents’ Club, Inc.”

Please make checks for Programs Fees payable to “The City of Rockville”

PARENT / GUARDIAN NAMES

\_\_\_\_\_  
 Last First MI.

\_\_\_\_\_  
 Last First MI.

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Primary Phone \_\_\_\_\_ Parent / Guardian 1 Cell # \_\_\_\_\_ Parent/Guardian 2 Cell # \_\_\_\_\_

Email (very important): \_\_\_\_\_

Please send an email message to [sengland@rockvillemd.gov](mailto:sengland@rockvillemd.gov) to ensure that we have your correct email address on file for newsletter distribution.

ATHLETES:

\_\_\_\_\_  
 M / F DOB \_\_\_\_\_ GROUP \_\_\_\_\_ (circle) Facility Member / Non Member

\_\_\_\_\_  
 M / F DOB \_\_\_\_\_ GROUP \_\_\_\_\_ (circle) Facility Member / Non Member

\_\_\_\_\_  
 M / F DOB \_\_\_\_\_ GROUP \_\_\_\_\_ (circle) Facility Member / Non Member

\_\_\_\_\_  
 M / F DOB \_\_\_\_\_ GROUP \_\_\_\_\_ (circle) Facility Member / Non Member

### Release, Waiver, Assumption of Risk and Consent

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City’s use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering this facility, I agree to follow all posted and/or published rules and staff member’s instructions. Violation may result in removal from the program and/or suspension from the facility.

Policy Acknowledgement - Minor Athlete Abuse Prevention Policy (MAAPP): I acknowledge that I and all other adults/guardians related to the athlete have received, read and understood the Minor Athlete Abuse Prevention Policy (available online at [www.usaswimming.org/Home/safe-sport](http://www.usaswimming.org/Home/safe-sport)). I further acknowledge and understand that agreeing to comply with the contents of this Policy is a condition of participation with Rockville-Montgomery Swim Club (USA Swimming member club).

I have read, understand and affirm that I, my family and athlete(s) will comply with the RMSC Return to Swimming COVID-19 Information provided, as well as supplemental coach, staff and/or administrator instructions.

Signature of Participant/Guardian \_\_\_\_\_ Date \_\_\_\_\_